

NASA Health Promotion and Wellness Team



ViTS December 13, 2001



Agenda

- Welcome
- NASA Award for Solar Safe
- Astronaut Health & Wellness Program
- AHA Heart At Work Program
- Center Activities
- 2002 Promotions
- Metrics
- ViTS 2002 Schedule

NASA OCCUPATIONAL HEALTH PROGRAM

Solar Safe

SKIN CANCER PREVENTION PROGRAM



Program Objective:

To improve the health and safety of the NASA workforce.

Program Goals:

1. Reduce the occurrence of skin cancer by increasing employee awareness and education, and reducing exposure when possible.
2. Reduce the severity of skin cancer through early detection by offering skin cancer screening and appropriate referrals.
3. Reduce the risks associated with sun exposure by the use of personal protective equipment.

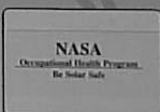
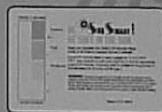
Program Elements:

1. Increase NASA workforce awareness about effects of sun exposure:
 - Bulletin boards
 - Web-based health information
 - Health brochures
2. Provide health education:
 - Lunch and Learns
 - Health brochures
3. Offer skin cancer screenings:
 - Offer evaluations and total body skin examinations
 - Every 3 years under age 40
 - Every year age 40 and above
 - Offer referrals to specialist
4. Provide protective equipment to workforce with occupational exposure:
 - Skin sun blockers
 - Sun shields, i.e., foreign legion style hats or under hard hats
 - Ultraviolet intensity meters to NASA employees
5. Increase occupational surveillance for workers with occupational exposure to the sun.

Program Evaluation:

Metric: Reduce the number of skin cancers in the Agency workforce by 10% in five years using a FY 2000 baseline

1. Number of skin evaluations performed
2. Number of total body skin exams performed
3. Number of dermatology referrals



NASA OCCUPATIONAL HEALTH PROGRAM

SOLAR SAFE

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 - Bulletin boards
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 - Health brochures
2. Provide health education:
 - Lunch and Learns
 - Health brochures
 - Speakers from professional organizations
 - Demonstrations

3. Offer skin cancer screenings:

- Offer evaluations and total body skin examinations
- Every 3 years under age 40
- Every year age 40 and above
- Offer referrals to specialist

4. Provide protective equipment to workforce with occupational exposure:

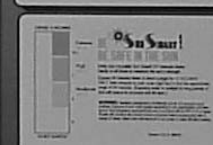
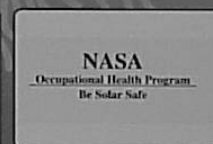
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HEART AT WORKSM *ONLINE*

The AHA's Comprehensive
Worksite Health Promotion
Program

The Heart At Work Promo Page

- www.americanheart.org/haw
- Preview layout of HAW Online
- Logon and password

The Heart At Work Home Page

- Program Coordinator's Guide, seven (7) topic and a newsletter
- Topics CVD risk factors
- Icons link modules and subset of activities
- Additional links on navigating the site, a site map

Topics

- Physical Activity
- Nutrition, Health & Weight Management
- Stress Management
- Blood Pressure
- Signals & Actions
- Smoking Avoidance
- Heart Attack Risk Assessment



Home

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Family Health

American Heart
Association®

Fighting Heart Disease
and Stroke



HEART AT WORKSM *ONLINE*



A Healthier Bottom Line... Now at
Your Fingertips



Program Coordinator's Guide

A Health Promotion Manual



Living the Active Life...

Physical Activity



Sound Bites...

Nutrition, Health & Weight Management



Common Sense About Feeling Tense...

Stress Management



Is Your Number Up?...

Blood Pressure



Four Fingerprints

Heart At Work is AHA's flexible, effective, affordable health promotion program -- and it's online. This new innovation enables worksite coordinators to easily conduct health promotion activities that inspire employees and their families to lower their risk of heart disease and stroke. This program is perfect for any company that wants to invest in its greatest resource... employee health!

This online health promotion program includes awareness, education and behavior change activities focusing on the seven topic areas you see to the right. Each activity contains all the tools needed to make implementation fun and easy, including step-by-step guidelines for conducting events, challenges, assessments, quizzes and seminars. And everything you need is in one location, available through a dedicated Web site.

A yearly subscription to Heart At Work Online gives you access to the entire program -- the exceptional features in



Blood Pressure



Clues, Cues & What To Do's...

Signals & Actions



Let's Clear the Air...

Smoking Avoidance



Check To Detect...

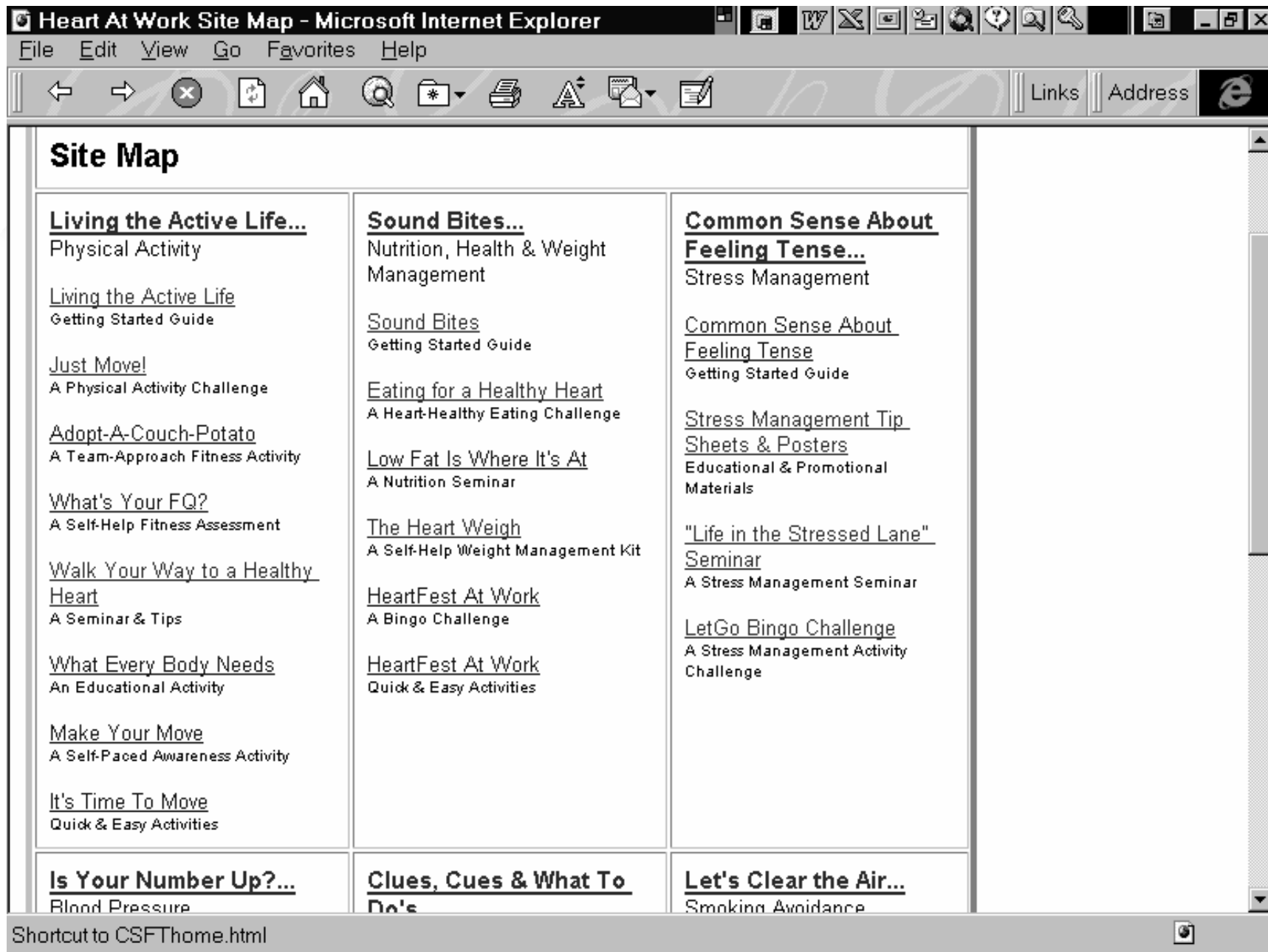
Heart Attack Risk Assessment

Heart At Work Online

Subscribe Now!

[Heart At Work Program Incentives](#)

Submit comments and questions to
heartatwork@heart.org



Site Map

Living the Active Life...

Physical Activity

Living the Active Life

Getting Started Guide

Just Move!

A Physical Activity Challenge

Adopt-A-Couch-Potato

A Team-Approach Fitness Activity

What's Your FQ?

A Self-Help Fitness Assessment

Walk Your Way to a Healthy Heart

A Seminar & Tips

What Every Body Needs

An Educational Activity

Make Your Move

A Self-Paced Awareness Activity

It's Time To Move

Quick & Easy Activities

Is Your Number Up?...

Blood Pressure

Sound Bites...

Nutrition, Health & Weight Management

Sound Bites

Getting Started Guide

Eating for a Healthy Heart

A Heart-Healthy Eating Challenge

Low Fat Is Where It's At

A Nutrition Seminar

The Heart Weigh

A Self-Help Weight Management Kit

HeartFest At Work

A Bingo Challenge

HeartFest At Work

Quick & Easy Activities

Clues, Cues & What To Do's

Common Sense About Feeling Tense...

Stress Management

Common Sense About Feeling Tense

Getting Started Guide

Stress Management Tip Sheets & Posters

Educational & Promotional Materials

"Life in the Stressed Lane" Seminar

A Stress Management Seminar

LetGo Bingo Challenge

A Stress Management Activity Challenge

Let's Clear the Air...

Smoking Avoidance

[Program Coordinator's Guide](#) | [Living the Active Life](#) | [Sound Bites](#) | [Common Sense About Feeling Tense](#) | [Is Your Number Up?](#) | [Clues, Cues & What To Do's](#) | [Let's Clear the Air](#) | [Check To Detect](#) |

Heart At Work Materials

- Formatted as Portable Document Files, or PDF
- Materials may be viewed and printed
- Materials downloaded using Adobe Acrobat Reader application software

Program Coordinator's Guide

- Available to be reviewed by chapter or as one PDF document for easier printing
- Program-At-A-Glance provides a quick overview of the guide's content and a link to the table of contents
- Table of Contents provides direct links to individual chapters



Program Coordinator's Guide

A Health Promotion Manual

Unsure about how to conduct an employee wellness program? Quit worrying! Here you'll find detailed information and worksheets to help you plan, implement and maintain an effective health promotion program for employees. It's everything a worksite coordinator needs to know!

This guide can be accessed in two ways:

1. Browse through and download the guide in sections through the following links:

Welcome!

Health Promotion Programming At-A-Glance

Table of Contents

2. Download and print the guide in its entirety by clicking on the PDF file icon below:



**Program Coordinator's Guide Complete Document,
Including Introduction and All Six Chapters**

| [HAW Online Home](#) |

| [Program Coordinator's Guide](#) | [Living the Active Life](#) | [Sound Bites](#) | [Common Sense About Feeling Tense](#) |

Program Coordinator's Guide - Microsoft Internet Explorer

File Edit View Go Favorites Help

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LinksAddress

Print this screen using the print icon on your browser to use as your own timeline.


Task	Summary	Due Date	Chapter and Section
Building the Program's Foundation			
Understanding Health Promotion	In order to justify, manage and account for a health promotion program, it is important to have a basic understanding of health promotion and theories behind behavioral and organizational change.		<u>1, A&B</u>
Get Support From Management	Support from all levels of management can make your program more successful. Conducting a survey of managers will help identify expectations and let you develop strategies to gain management support.		<u>2, A</u>
Determine Employee Needs and Interests	Determining the needs and interests of employees can help your program better meet the unique needs of your worksite population.		<u>2, B</u>

Program Coordinator's Guide - Microsoft Internet Explorer

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Links Address



Program Coordinator's Guide


A Health Promotion Manual

Table of Contents




Program Coordinator's Guide Introduction Material

Welcome!
Health Promotion At-A-Glance
Table of Contents



Chapter 1: About Health Promotion/Defending Your Health Promotion Program

A. General Overview of Health Promotion
B. Individual and Organizational Change



Chapter 2: Building the Program's Foundation

A. Getting Support From Management
B. Determining Employee Needs and Interests
C. Assessing Organization Resources

Topic Modules

- Program topic modules contains
 - Getting Started Guide
 - Subset of activities
- For each activity
 - Coordinator Materials
 - Promotional Materials
 - Employee Materials



Let's Clear the Air...

Smoking Avoidance

To safeguard their lives, to protect their health and just to enjoy a better quality of life, your employees and their families deserve to be tobacco-free. These Materials can inspire them to make the choice to start enjoying a smoke-free life. Clearing the air for better health starts here!

Let's Clear the Air

Getting Started Guide

Clearing the Air

A Tobacco-Smoke Risk Self-Assessment

Smoke Alarm

A Self-Help Stop-Smoking Kit for Blue-Collar Workers

| [HAW Online Home](#) |

| [Program Coordinator's Guide](#) | [Living the Active Life](#) | [Sound Bites](#) | [Common Sense About Feeling Tense](#) |
| [Is Your Number Up?](#) | [Clues, Cues & What To Do's](#) | [Let's Clear the Air](#) | [Check To Detect](#) |



Clearing the Air

A Tobacco-Smoke Risk Self-Assessment

This activity involves multiple tobacco-smoke risk assessments. Results of the assessments will help participants learn the hazards of smoking, the risks of smoke inhalation and the threat to childrens' health from exposure to smoke. Tip sheets provide helpful information for dealing with these important health issues.



Getting Started Guide

Click on the link above to see mini-views of the pages. Or click on the PDF icon to the left to download the document and see or print full-size pages.



Coordinator's Materials

Click on the link above to see mini-views of the pages listed below. Or click on the PDF icon to the left to download the document and see or print full-size pages.



Promotional Materials


Click on the link above to see mini-views of the pages listed below. Or click on the PDF icon to the left to download the document and see or print full-size pages.



Employee Materials

Click on the link above to see mini-views of the pages listed below. Or click on the PDF icon to the left to download the document and see or print full-size pages.



 Click on the PDF icon to download this set of materials. Downloading will let you view pages in more detail and print.

[Home](#) | [Pages 7-12](#) | [Pages 13-17](#) | [Pages 19-24](#) |



[About these materials](#)

Flexible and fun!

The good news is that you can help all those who are in need. There are many ways to help. You can donate money, food, or clothing. You can also volunteer your time. All of these actions can make a difference. So, if you're looking for a way to help, there's always a way.

- Identify needs within your community
- Increase engagement and communication
- Increase trust and community participation
- Enhance outcomes
- Develop partnerships



²² For dragging the guidelines is often not entirely analogous, however, because one cannot separate symbols, values, behaviours, and/or attitudes from groups in and of themselves.

dello stesso gruppo.

How to use these materials



Where do I find them?

When it's time to say "I do," you'll want to make sure you're comfortable with the words you're saying. The wedding officiant will provide you with a copy of the vows.

if you need to know

Why should city leaders offer
housing vouchers to tenants?
Do all residents benefit from
housing vouchers to tenants?
What are the pros & cons
to tenants?
What are the pros and cons
to landlords?
What are the pros and cons
to the city?
How can these vouchers help
the city?



If you need to know:

What if my boss is not in...
 How can I get advice to participate in activities?
 What if I cannot get the specific advice I am looking for? (posting on message board)
 Connecting to a strong leadership network is important!
 How do you find good staff? (employees to hire)
 A lot of good leadership advice is on the web!
 Google is your new friend
 Google leadership training ideas 2007

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Open for review

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8f	18
9g	20
10h	21
11i	22
12j	23

Why should my company offer smoking avoidance activities?

Do our employees need or want
marketing assistance activities?



What resources do I have to work with?

Activity Format

- Specific materials listed for quick reference
- Links provided for “mini-views” of pages in each section
- PDF icons used to download materials or view full-size pages



Clearing the Air

A Tobacco-Smoke Risk Self-Assessment

Coordinator's Materials

Click on the PDF icon to download this set of materials. Downloading will let you view pages in more detail and print.

Home | Page 7 |

Clearing the Air

Overview

Clearing the Air is a risk factor for people who smoke. It is a self-assessment tool that helps you understand the risks of smoking and how to reduce them. It is a self-assessment tool that helps you understand the risks of smoking and how to reduce them.

Objectives

Participants will be able to:

- Understand the risks of smoking.
- Identify the risks of smoking.
- Understand the risks of smoking.

Design

- Participants will be able to understand the risks of smoking.
- Participants will be able to identify the risks of smoking.
- Participants will be able to understand the risks of smoking.

Clearing the Air

Recommended Optional Materials

- Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)
- Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)

Other Ideas and Tips

- Use the Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF) as a self-assessment tool.
- Use the Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF) as a self-assessment tool.

Clearing the Air

Implementation Timeline

Suggested Timeline	Actual Date	Activity
Week 1		Identify the risks of smoking.
Week 2		Understand the risks of smoking.
Week 3		Identify the risks of smoking.
Week 4		Understand the risks of smoking.
Week 5		Identify the risks of smoking.
Week 6		Understand the risks of smoking.
Week 7		Identify the risks of smoking.
Week 8		Understand the risks of smoking.
Week 9		Identify the risks of smoking.
Week 10		Understand the risks of smoking.
Week 11		Identify the risks of smoking.
Week 12		Understand the risks of smoking.

Clearing the Air

Budget Planning Worksheet

Item	Description	Amount	Cost Per Unit	Quantity Needed	Total Cost
1	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
2	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
3	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
4	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
5	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
6	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
7	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
8	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
9	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
10	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				

Clearing the Air

Budget Planning Worksheet (continued)

Item	Description	Amount	Cost Per Unit	Quantity Needed	Total Cost
11	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
12	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
13	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
14	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
15	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
16	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
17	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
18	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
19	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				
20	Clearing the Air: A Tobacco-Smoke Risk Self-Assessment (PDF)				



Clearing the Air

A Tobacco-Smoke Risk Self-Assessment



Employee Materials

Click on the PDF icon to download this set of materials. Downloading will let you view pages in more detail and print.

[Home](#) | [Pages 7-12](#) |

HOW TO USE THIS PACKET

Whether you consider yourself an occasional or regular smoker, this packet is designed to help you assess your tobacco use and its health risks. It includes a self-assessment questionnaire, a list of resources, and a checklist of actions you can take to reduce your risk.

Directions: Read the packet carefully. Complete the self-assessment questionnaire. Use the checklist to guide your actions.

Resources: For more information, contact your local health department or the American Lung Association at 1-800-558-5555.

Checklist: Use the checklist to guide your actions. Check off each item as you complete it.

SECTION 1: My Risk

1. How often do you smoke?

2. How many cigarettes do you smoke per day?

3. How long have you been smoking?

4. Have you ever quit smoking?

5. How many times have you quit smoking?

6. How many times have you relapsed?

7. How many times have you started smoking again?

8. How many times have you stopped smoking for good?

9. How many times have you started smoking again after stopping for good?

10. How many times have you started smoking again after stopping for good and then stopping again?

SECTION 2: My Risk

1. How often do you smoke?

2. How many cigarettes do you smoke per day?

3. How long have you been smoking?

4. Have you ever quit smoking?

5. How many times have you quit smoking?

6. How many times have you relapsed?

7. How many times have you started smoking again?

8. How many times have you stopped smoking for good?

9. How many times have you started smoking again after stopping for good?

10. How many times have you started smoking again after stopping for good and then stopping again?

TAKING BACK YOUR AIR

1. How often do you smoke?

2. How many cigarettes do you smoke per day?

3. How long have you been smoking?

4. Have you ever quit smoking?

5. How many times have you quit smoking?

6. How many times have you relapsed?

7. How many times have you started smoking again?

8. How many times have you stopped smoking for good?

9. How many times have you started smoking again after stopping for good?

10. How many times have you started smoking again after stopping for good and then stopping again?

Children at Risk

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FY 2002 Promotions

- 2nd Quarter (Jan-Mar)
 - American Heart Month
- 3rd Quarter (Apr-Jun)
 - Stress
- 4th Quarter (Jul-Sept)
 - Solar Safe



Committee Action Items

- Data for influenza vaccines
 - # civil servants
 - # contractors
 - # others
- National Breast Cancer Awareness
 - Activity summary



2002 ViTS Schedule

- March 20 3-4 PM EST
- June 19 3-4 PM EST
- September 19 3-4 PM EST
- December 3 3-4 PM EST



HAPPY HOLIDAYS

